



City of Newton, MA

INVEST IN YOURSELF



March 2013 Health and wellness newsletter for employees

NUTRITION AWARENESS MONTH

CITY HALL HEALTH MAINTENANCE CLINIC

CITY HALL
ROOM 203,
10 TO 11 AM
TUES., MARCH 19
NEW ROOM!

ZUMBA

@ CITY HALL
WAR MEMORIAL
WEDNESDAYS
5:15 TO 6:15 PM

EMAIL
WELLNESS@
NEWTONMA.GOV
TO SIGN UP OR
CALL (617) 796-
1420



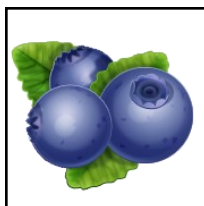
LUNCH & LEARN UPDATE

NO PROGRAM IN
MARCH, BUT
STAY TUNED FOR
AN EXCITING
HEALTHY EATING
PROGRAM IN
APRIL!

The obesity epidemic has become a very popular topic in the health field and in the national agenda. Part of having a healthy weight is combining exercise and maintaining a healthy diet. It is hard for many to change diets because of habit, but after you substitute these tasty, healthy foods, it may be a little easier.

Pomegranates

Try these ruby seeded beauties! They are rich in anti-oxidants, high in fiber, and delicious. Try them in



your morning oatmeal for a fresh squirt of health!

Blueberries

Blueberries can not only lower your risk of heart disease and cancer, but they have anti-inflammatory power.

They can be important for people with arthritis and inflammatory conditions.

Fish

Look for wild herring, salmon, sardines and mackerel at your local supermarket, and enjoy their omega-3 power! They can reduce cholesterol, lower heart disease risk, help arthritis, and may help with memory-loss in Alzheimer's.

Beans

Whether its lima, black, or garbanzo, beans can regulate cholesterol, reduce cancer risk, and lower blood pressure. Add to your salad, or mix with brown rice for a nutritious meal.

CHOOSE MY PLATE!

My plate is the NEW food pyramid by the USDA! It looks a lot different nowadays!

Fruits/Vegetables: Make half of your plate fruits and vegetables. Dry fruit, pureed, mashed, cut-up, and canned fruits and vegetables count as a member of the fruits and vegetables group.

Grains: Make 1/4 of your plate grains. At least 1/2 of those grains should be whole grains like whole wheat, bulgur, oatmeal, whole cornmeal, brown rice. The other 1/4 can be refined grain products like white bread, white rice, white flour.

Protein: Make 1/4 of your plate

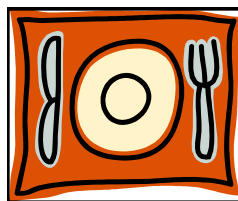
protein. For meats, be sure that they are lean meats. Nuts and seeds are also a common source of protein and can add crunchy flavor to a salad. Fish are a great source of protein and key nutrients, omega 3 fatty acids, and high in DHA which is essential to a developing fetus.

Dairy: The dairy portion

should be a small portion of your plate including fat free milk, soymilk, yogurt, cheeses. Be sure to notice the fat content in this group as you decide.

Oils: Oils are not considered a food group but contain essential nutrients for the human body.

To learn more: www.choosemyplate.gov





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 March 2012

WATER CONSUMPTION

Water is everywhere and is essential for your body. It helps your body with temperature regulation, lubrication and cushioning of joints, and many bodily functions.

That is why it is important to get enough water every day.

How Much?

There has been much debate over the years about how much fluids to drink on a daily basis. In the end it depends on many factors and health status, but for men ~ 3 liters, and women ~2 liters of beverages.

Water? That's Boring.

Yes, water does get a little boring after your second or third liter, so, here are a few tips to



spruce up your H₂O:

- Add a lemon, lime or grapefruit slice. Adding these Vitamin C rich fruits to your water gives you nutrition and taste!

• Add cucumber slices, not only does it look cool, but it can add a different flavor if you are not a citrus fan.

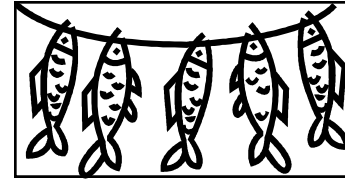
- Buy seltzer water, or a seltzer maker. Drinking seltzer water can make you think you're drinking something else besides water.

Sugar sweetened

beverages:

Beware! Read the nutrition facts. Some fruit juices can be packed full of flavor, but also calories!

FISH TACOS



This tasty recipe is in honor of nutrition month and includes one

(if not two if you choose) of our featured healthy foods!

Ingredients

- 2 tbsp. olive oil
- 1 tsp. cumin
- 1 tsp. chili powder
- 1 clove of garlic peeled and minced
- 1 1/2 lb. of halibut filets
- 6 6in. Whole wheat tortillas
- 1/2 onion finely chopped
- 1 cup chopped tomatoes
- 1 diced avocado
- 1/2 cup cilantro leaves
- 1 oz. hot sauce
- 1 oz. lime juice
- 1 oz. plain non-fat greek yogurt

Directions

1. Cut fish into 1 in. strips and coat with oil, spices, and garlic
2. Heat a pan on medium for 3 minutes, then add tortillas one at a time 30 seconds per side. Wrap in a dish towel to keep them warm.
3. In a pan on medium-high, cook the fish, 3 minutes per side until it flakes.
4. Display all other ingredients in separate bowls and let everyone assemble ingredients as they choose! * For added nutrition add an extra bowl of black beans as a topping

SHINGLES VACCINE APPOINTMENTS

The Health & Human Services Dept. is taking appointments for employee & retiree shingles vaccine clinics in late March and April. Check with your primary care provider about whether the shingles vaccine is right for you, and then call 617-796-1420 to make your appointment. A limited quantity is available.

Shingles, also known as herpes zoster, is a painful blistering skin rash caused by the virus responsible for chickenpox. The rash usually appears on one side of the face or body and lasts from two to four weeks. Its main symptom is pain, which can be severe. Other symptoms can include fever, headache, chills and upset stomach. A painful condition lasting well beyond the rash is known as post-herpetic neuralgia and occurs in about 1 in 5 people with shingles.

The vaccine is for people age 60 and up, and is given only once in a lifetime. Those with weakened immune systems should not get the vaccine. People on certain medications should not get the vaccine. It is important to check with your primary care provider to make sure the vaccine is appropriate for you.

For more information or to make an appointment to receive the free vaccine, call the Health Department 617-796-1420.